OTTAWA metro®

NEWS WORTH SHARING.

THREE TO WATCH IN SOCHI

- **7 a.m.** Charles Hamelin, who won two gold in Vancouver, looks to hit the podium in the 1,500-metre short track.
- **10 a.m.** Canada competes in both men's curling and women's hockey.
- **1 p.m.** Canada looks to continue its moguls dominance, this time on the men's side. Alex Bilodeau, seen here, will look to defend his Vancouver Olympic title — and his biggest competition is Canadian teammate Mikaël Kingsbury. GREG DOWNS/FOR METRO

Canada's top tech geeks still hacking south

HootSuite says they'll have to recruit internationally PAGE 10

NO HAIR BANDS

LIVE 88·5 FM

SKATERS STRIKE SILVER IN SOCHI

Tessa Virtue and Scott Moir of Canada wait in the results area after competing in the team free ice dance figure skating competition at the Winter Olympics Sunday in Sochi. Canada captured silver in the new team event. More on how they performed on page 20.

DARRON CUMMINGS/THE ASSOCIATED PRESS

Flaherty: Major infrastructure projects ahead

Budget sneak peek. 2nd Detroit-Windsor bridge among potential plans

Finance Minister Jim Flaherty says his upcoming federal budget will contain money for "major" infrastructure projects.

Flaherty told CTV's Question Period that infrastructure is a good investment, but the government must be prudent at the same time.

"There will be money for infrastructure, and very importantly, major infrastructure projects in Canada, major economic infrastructure projects," Flaherty said.

"It is all about the economy and jobs. I mean, that's the primary job of the federal government in this country. We will be investing and we will be ensuring that we move forward on the economic front ..."

One such project might be a second bridge between Detroit and Windsor, Ont. Reports earlier this month said Canada plans to start buying land on the Michigan side of the Detroit River to build the new crossing, a short distance from the existing Ambassador Bridge.

In its recent throne speech, the Harper government signalled it would spend billions of dollars over the next decade on major regional infrastructure projects. The throne speech explicitly mentioned the second Detroit-Windsor bridge, subways in the Greater Toronto Area, replacing the Champlain Bridge in Montreal and building Vancouver's Evergreen Line rapid-transit extension.

THE CANADIAN PRESS

Construction corruption

"We don't want any corruption. We don't want the kinds of inappropriate behaviour that we're seeing in some parts ..."

Jim Flaherty, making a thinly veiled reference to Quebec's construction scandals.

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Heart attack made local woman shape up, but ...

She's the exception. Survey indicates most heart attack patients don't change lifestyle

TREVOR GREENWAY
trevor.greenway@metronews.ca

"This is my life and so I need to be healthy in order to be able to be helpful to other people."
Jo-Anne Swanson

Curves owner Jo-Anne Swanson is leading a much healthier life these days after a severe heart attack nearly killed her in 2005. TREVOR GREENWAY/METRO

A heart attack at age 44 didn't stop Jo-Anne Swanson — it started her. Unfortunately, data released by the Heart and Stroke Foundation seems to indicate she's the exception to the rule.

The former business executive spent much of her life stressing about her career. She smoked up to 10 cigarettes a day, didn't exercise and didn't maintain a healthy diet.

But when doctors told her she had nearly died after suffering a severe heart attack in 2005, she gave it all up. She quit her big corporate job, started eating very healthy, she quit smoking, bought two workout gyms in Gatineau and started her new life.

"I told myself, 'I need to make those changes and I will make those changes for myself,'" said Swanson, standing out front of one of the Curves gym she owns in Gatineau.

"I am now my priority. I try to be true to myself. This is my life and so I need to be healthy in order to be able to be helpful to other people."

It's not the same for other heart attack and stroke survivors, according to a new poll released by the Heart and Stroke Foundation that suggests more and more survivors are finding it difficult to change their unhealthy habits.

Of the 2,000 heart attack and stroke survivors polled, more than half admitted they couldn't make changes to their life or didn't try at all.

It wasn't easy for Swanson to change her life, but a lot of will power and family support helped her through.

"This has effects on family life, society, there are costs involved," said cardiologist and Heart and Stroke Foundation spokesman Dr. Andy Wielgosz.

"Life is no fun when you are in heart failure, when you have got a disability from strokes, so that is what we are trying to prevent and these are the people that need to be targeted in particular because they are at a much increased risk of having another event."

Wielgosz said the change that most patients have difficulty with is losing weight, but added that rehabilitation programs give survivors a far better chance at staying healthy.

The poll also produced some encouraging stats, as 90 per cent of heart attack victims and 80 per cent of stroke victims will survive if they make it to hospital.

French 'off the menu' at Winterlude: Group

Winterlude mascots the Ice Hog family pose for photographs at Jacques Cartier Park, Thursday. TREVOR GREENWAY/METRO

Winterlude's signs may be bilingual, but French is "off the menu," according to a francophone business association.

The Regroupement des gens d'affaires de la Capitale nationale (RGA), an organization that represents nearly 700 businesses on both sides of the Ottawa River, said Friday that Winterlude's bilingual services are "poor."

The organization said that out of the 29 restaurants partnered with Winterlude, just six offer services in French.

Joanne Lefebvre, RGA president and CEO, said it's an "ongoing" problem with the region's iconic, family-oriented festival. She said many Winterlude signs are in both French and English, but in most cases, services are only available in English.

"I think it's confusing," she told Metro. "The message is not clear."

She said Canadian Heritage, which took over organizing this year's festival from the National Capital Commission, should do a better job to encourage bilingual services among its partners.

The RGA has a business assistance program which offers translation services for eight cents a word and helps businesses recruit bilingual employees.

Pierre Manoni, of the media relations department with Canadian Heritage, wrote in an email that there's a bilingual clause in its agreements with partners.

"We are in contact with Winterlude partners to ensure that members of the public are able to communicate and receive services in the official language of their choice," he wrote.

Winterlude attracts more than 600,000 people to the National Capital Region every year.

LUCY SCHOLEY/METRO

Restrict legal grow-ops to industrial zones: City report

Medical marijuana. Report tips Carp industrial areas as a good spot for facility

SEAN MCKIBBON
sean.mckibbon@metronews.ca

A new type of zoning that would restrict legal medical marijuana grow-ops to industrial areas and keep them out of agricultural zones is being recommended in a report set to go before the City of Ottawa's planning committee on Tuesday.

The report says the goal of agricultural zoning is to protect farmland.

"Production of medical marihuana takes place entirely within a building. Construction of a building and associated parking areas on high quality soils that have been set aside for agricultural production would be inconsistent with the objective to preserve farmland for future generations," the report says.

The report comes as new federal regulations are set to go into force this spring. The new federal rules will prohibit medical marijuana users from growing their own plants at home and put production squarely in the hands of industrial operations, such as the one being set up in Smiths Falls in a former Hershey chocolate factory.

Although the new federal rules forbid medical marijuana production from happening in a home, the report recommends new zoning rule also stipulate production isn't to happen inside dwellings.

The city report recommends a 150 metre buffer between any grow operation and a residential area to minimize the impact of the potential escape of fumes or odours.

The report also points to the Carp Corridor Employment Area as a potential spot that would "allow a full range of industrial-type uses, including manufacturing, mineral extraction, construction and transportation-related businesses.

"This designation includes large parcels of land that would be suitable for uses needing a large floor area," the report says and notes its proximity to 400 series highways "would facilitate the shipping and distribution component of a medical marihuana production facility."

Carleton Ravens Do It For Daron

Forwards from the Carleton Ravens women's hockey team rush toward the University of Montreal Carabins, Sunday, during a benefit game for the Do It For Daron mental health campaign. Four dollars from every admission ticket sold went to the campaign, which was created by friends and family of Daron Richardson, who took her own life at the age of 14. The Ravens lost the game to the Carabins 4-1.

TREVOR GREENWAY/METRO

Post-pregnancy sex advice hard to find in French: Sexologist

New Francophone parents and pregnant couples are finding it hard to find resources about their sexual habits during and after the gestation of their child, an Ottawa sexologist and grad student says.

Catherine de Pierrepont is conducting her thesis on Francophone parents' "intimate and sexual real-life history during and after pregnancy and their sexo-perinatal needs concerning the health care services," at the University of Ottawa. She's only interviewed half a dozen couples so far, but her research suggests Francophone dads especially have it tough in Ottawa.

"The professionals focus is on the babies and the mother. They actually look at the medical and physiological changes, but they actually just don't talk to the fathers, so that's a problem," said de Pierrepont.

University of Ottawa graduate student Catherine de Pierrepont CONTRIBUTED

She said most couples feel left in the dark about topics like perinatal sexual desire and don't really know if they should have sexual desires before and after birth. The miscommunication can lead to "emotional separation" in a relationship and ultimately divorce if couples don't have proper access to information.

"They have a lot of needs. Nobody talks about sexuality, even the professionals in the perinatal (field)," she added. "We know that they want information on sexual desire. We know that sexual desire changes a lot during and after pregnancy."

De Pierrepont's research is just beginning, as she is looking for a total of 100 Francophone couples to complete her data.

The plan is to later compare the findings with English couples in the region and hopefully prompt better access to resources. Contact de Pierrepont at cdepi090@uottawa.ca.

TREVOR GREENWAY/METRO

Teen Athlete's Sight Restored

Former Team Canada gymnast receives cornea transplant and resumes active life

At 13, Alysa Samaratunga's life was full of promise. A talented gymnast from Vancouver, B.C., she spent 40 hours per week in training and travelled the world winning medals for Team Canada. Her goal was to participate in the 2012 London Olympics. But all that changed in – what one could say was – a blink of an eye.

"I woke up one morning with an eye infection," remembers Alysa. "I'm not sure what set it off, maybe bacteria behind my contacts, maybe from a hot tub."

It started as itching and soreness and soon become debilitating. As the infection grew, Alysa's pain became almost unbearable and her right eye went cloudy white. Alysa's mom, Kate Samaratunga, could see that the infection was spreading and that her daughter was suffering. With continued insistence, Kate had Alysa seen by an ophthalmologist. The infection cleared by putting drops into the eye every 15 minutes for three days. But by this point, Alysa had lost vision in the eye. For four months following the infection, which was diagnosed as Pseudomonas aeruginosa, Alysa was out of commission. With no depth perception, her Olympic dreams died.

Alysa adjusted to life with sight in only one eye, but as a former athlete and as a teenager, there were many normal, everyday things she could not do. "I would try to pour a glass of milk and I would miss the glass," Alysa recalls. And she knew she couldn't get her driver's license. Her only hope to resume a normal life was a cornea transplant.

"At any given time, more than 2,000 people may be waiting for transplants across Canada and wait times can vary from four or five months to three years," says Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

Alysa Samaratunga, from Vancouver, B.C., is thankful for the cornea donation that restored sight in her right eye.

Although Dr. Rocha observes that cornea waitlists have improved slightly over the past few years, he asserts that Canada still needs a national strategy on organ and tissue donation and transplantation. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists. It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say cornea transplant is the easiest," Rocha says. "You basically want a cornea that is healthy." Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

"The sad thing is that we know if we were elsewhere, like in the United States or even India or Colombia, they would be getting corneal tissue within two weeks," says Rocha. Waiting lists are almost nonexistent in other countries, including the U.S. and the U.K. "You can schedule a surgery there and you know a cornea will be available."

Alysa had her transplant at Mount St. Joseph's Hospital, Vancouver within 18 months of the initial infection and it changed her life. She is now in her last year of high school and is looking at a career in business. She's obtained her driver's license and re-entered the sports arena through competitive cheerleading.

"I am so thankful for the opportunity at having full sight again," says Alysa. "It's allowed me to live my life to the fullest without the limitations. I'm so grateful to the donor and I want the family to know I will make the most out of my second chance at full sight. My condolence goes out to the family who lost their loved one and I thank you for giving me the gift of sight again." Public opinion polls conducted by Canadian Blood Services have shown that 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

There are not enough eye donors in Canada to meet the needs of Canadians, and new patients are being diagnosed and added to the waiting lists. Thousands continue to suffer from corneal blindness while they wait for a donor. Corneal blindness can be the result of injury, infection or disease. Eye donation is an opportunity to restore the sight of Canadians suffering from corneal blindness, and allow them to live a fuller life. Most people can become an eye donor. People who wear glasses can donate in most instances and individuals with cancer or diabetes may become eye donors.

"Families find comfort in knowing their loved one's last act was to give the gift of sight and life through eye and organ donation," says Dr. Martin McCarthy, Alysa's surgeon. "Please talk to your family about your wish to be an eye donor."

One donor can restore sight for two people and potentially help many more people in the transplantation of other organs and tissues. Sign up today. The ways to register or declare your intentions to donate vary from province to province. Go to **organsandtissues.ca/donate** and click on your province to find out how to become a donor.

Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada can be long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant. Transplant wait times in Canada can vary from four or five months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32%, and 50% of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

Canadian Blood Services
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inca voir au-delà de la perte de vision | cnib seeing beyond vision loss

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Vienna. Iran, UN agency agree to expand probe into nuclear activities

The UN nuclear agency says Iran has agreed to let the agency expand its probe of Tehran's nuclear activities.

The UN's International Atomic Energy Agency says the two sides signed off this weekend in Tehran on "seven practical measures" to be implemented by Iran by May 15.

The IAEA statement gave no details Sunday.

The agency suspects that Iran worked secretly on nuclear arms, something Tehran denies.

Their investigation has been stalled for more than six years.

But the IAEA hopes to make progress under an agreement signed with Tehran in November that foresees a step-by-step approach to unresolved questions, starting with less sensitive issues and progressing to the arms-related queries.

Co-operation

7

Iran has agreed with the UN's nuclear agency to "seven practical measures" to be implemented by Iran by May 15.

The talks are separate from negotiations between Iran and six world powers on Tehran's known nuclear programs.

But both Iran and the IAEA spoke of progress in a process that the agency hopes will unroll as a step-by-step approach to unresolved questions, starting with less sensitive issues and progressing to the arms-related queries.

Nuclear physicist Yousaf Butt was quoted as welcoming the agreement as a "positive development."

THE ASSOCIATED PRESS

H1N1 virus

Egypt hit hard by swine flu

Egypt's Health Ministry says the number of people killed by swine flu in the country since December has reached 38.

In a statement Sunday, the ministry said that more than 1,300 people have been hospitalized after being infected by the virus.

On Tuesday, the government reported 24 deaths from the virus.

In 2009, the global swine flu pandemic prompted Egyptian authorities to slaughter around 300,000 pigs previously used to dispose of the city's organic garbage. However, Jason McDonald, of the Atlanta Centers for Disease Control, has said that the virus is now most often transmitted from human to human, and not through contact with pigs. THE ASSOCIATED PRESS

Zoo giraffe killed; its genes not good enough

Copenhagen Zoo. Too many giraffes with similar genes in their breeding program so two-year-old shot; its meat fed to carnivores

The carcass of Marius, a male giraffe, is eaten by lions after he was put down at the Copenhagen Zoo on Sunday.

POLFOTO, RASMUS FLINDT PEDERSEN/THE ASSOCIATED PRESS

Copenhagen Zoo turned down offers from other zoos and $680,000 from a private individual to save the life of a healthy giraffe before killing and slaughtering it Sunday to follow inbreeding recommendations made by a European association.

The two-year-old male giraffe, named Marius, was put down using a bolt pistol and its meat will be fed to carnivores at the zoo, spokesman Tobias Stenbaek Bro said. Visitors, including children, were invited to watch while the giraffe was dissected.

Marius' plight triggered a wave of online protests and renewed debate about the conditions of zoo animals. Before the giraffe was killed, an online petition to save it had received 20,000 signatures.

Stenbaek Bro said the zoo, which has seven giraffes left, had received a recommendation to put down Marius by the 347 member European Association of Zoos and Aquaria because there were already a lot of giraffes with similar genes in the breeding program.

Copenhagen Zoo turned down an offer from an individual who wanted to buy Marius; the spokesperson said zoos don't own the animals, but govern them, and can't sell them outside their organizations. "It is no secret that animals are killed when there is no longer space, or if the animals don't have genes that are interesting enough," said Animal Rights Sweden.

THE ASSOCIATED PRESS

'Stop visiting zoos'?

The zoo's scientific director Bengt Holst said the zoo doesn't give the giraffes contraceptives because they have "a number of unwanted side effects on the internal organs" and the zoo believes parental care is an important part of natural behaviour.

- When asked if other zoos had offered to take Marius, the zoo spokesman said yes but didn't specify numbers or which ones.
- The organization Animal Rights Sweden said the case highlights what zoos do to animals regularly.
- "The only way to stop this is to not visit zoos," the activist group said.

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Pressure continues to mount in Ukraine

Riot police block a street, the Museum of the Ukrainian Arts in the background, in central Kyiv, the epicentre of the country's current unrest, on Sunday. Ukraine's security agency warned yesterday of a heightened risk of terrorism, including from the anti-government protests. The warning raised the pressure on the opposition as parliament tries to find a way out of the crisis. EFREM LUKATSKY/THE ASSOCIATED PRESS

Justice, not closure for victim's father

Jimmy Ryce case. The execution of his son's murderer won't be a panacea for Don Ryce

In the 18 years since nine-year-old Jimmy Ryce's rape and murder, his father and his mother, before her death, tried to alleviate the pain of their family's tragedy by working for society's good. They pushed for new laws regarding confinement of sexual predators and worked to improve police procedures in missing child cases.

But with the killer's scheduled execution set for Wednesday, Don Ryce said the death of Juan Carlos Chavez will finally bring some measure of justice. Barring a successful last-minute appeal, Chavez is scheduled to die by lethal injection at Florida State Prison in Starke.

"People sometimes say that will bring you closure. There is no such thing as closure, hate that word. It doesn't resolve everything for you. My child will not suddenly come back if Chavez is executed," said Ryce, a 70-year-old retired labour lawyer. "But it's important to close that chapter out in my life and to feel like justice has finally been done for my son."

Ryce said in a recent interview that in the years since Chavez was arrested for Jimmy's slaying he felt "the universe is a little bit twisted" because he has also lost his wife, Claudine, and daughter Martha while Chavez remained alive.

Chavez abducted Jimmy at gunpoint after the boy got off a school bus on Sept. 11, 1995, in rural southwestern Miami-Dade County. Trial testimony showed Chavez, who worked on a local ranch, raped the boy and then shot him when he tried to escape, dismembering his body and putting the parts in planters that were then covered in concrete.

Despite an intensive search by police and volunteers, regular appeals for help through the media and distribution of flyers about Jimmy, it wasn't until three months later that Chavez's landlady discovered the boy's book bag and the murder weapon — a revolver Chavez had stolen from her house — in the trailer where Chavez lived. Chavez later confessed to police and led them to Jimmy's remains.

In this Feb. 5 photo, Don Ryce talks to a reporter in Miami. Juan Carlos Chavez, 46, who kidnapped, raped and murdered nine-year-old Jimmy Ryce 18 years ago, is scheduled to be executed Tuesday. ALAN DIAZ/THE ASSOCIATED PRESS

Ryce said he and his wife became determined to turn their son's horrific slaying into something positive, in part because they felt they owed something to all the people who tried to help find him. They also refused to wallow in misery.

"You've got to do something or you do nothing. That was just not the way we wanted to live the rest of our lives," he said. THE ASSOCIATED PRESS

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Ford Nation. T.O. mayor to give YouTubers more than enough to stream at home

With his weekly radio program surprisingly halted and his TV show nixed after one episode, Rob Ford is set to launch his latest effort Monday at getting his message out with a new show on YouTube.

The scandal-soaked Toronto mayor will be joined by his brother, Coun. Doug Ford, in hosting the online Ford Nation series, sharing the name of his ill-fated TV broadcast.

A brief teaser posted on YouTube last month shows the pair jokingly trading jabs before ending with Rob Ford asking viewers to "please judge me on my record, not my personal life."

The show comes months after a weekly radio talk show hosted by the Ford brothers was ended on what Toronto radio station NewsTalk 1010 called mutual agreement.

Their Sun News Network series was cancelled after its debut due to its costs.

Like his other broadcast programs, the YouTube endeavour will give Ford a chance to sound off on city hall issues and will also let him hammer home campaign themes as he ramps up his fall re-election bid.

Even before his official debut, Rob Ford has already become something of a star on YouTube, where a search for his name yields upwards of 500,000 videos.

Toronto Mayor Rob Ford is shown during a break at the radio show he hosted in November. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

THE CANADIAN PRESS

'Canadian Idol' doctor to stand trial for terrorism

Terror suspect Khurram Syed Sher, who was arrested in August on terrorism charges related to an alleged bomb plot, leaves the Ottawa Courthouse after being granted bail in 2010. SEAN KILPATRICK/THE CANADIAN PRESS

Attack was months away: RCMP. Khurram Syed Sher faces charges related to alleged plot that stretched from Ottawa to Middle East

International effort

An undercover source working for Canada's main spy agency and sensitive intelligence from the U.S. and U.K. helped build the case against the alleged conspirators, court documents indicate.

More than three years after his arrest, a man who once auditioned for Canadian Idol will face trial on a terrorism charge.

Khurram Syed Sher, a doctor of pathology from London, Ont., is to be tried by a judge alone in an Ottawa courtroom.

Sher, 31, was charged along with two other men in August 2010 with conspiracy to facilitate terrorism.

Following the sensational arrests, police said they seized terrorist literature, videos and manuals, along with dozens of electronic circuit boards allegedly designed to detonate homemade bombs remotely.

Police claimed the alleged plot stretched from Ottawa to Afghanistan, Dubai, Iran and Pakistan. A senior RCMP officer said at the time that an attack was still months away, but that the plotters were moving into a preparatory phase.

The McGill University graduate, who has been free on bail, worked as an anatomical pathologist at St. Thomas Elgin General Hospital in St. Thomas. He made international headlines shortly after his arrest when it emerged he had once sung and danced on the Canadian Idol program.

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Factory owners denied bail after surrender

Bangladesh. Husband and wife face homicide charges in connection to deadly fire that killed 112 workers in 2012

The two owners of a Bangladesh garment factory who are facing homicide charges for a 2012 fire that killed 112 workers surrendered to a court Sunday and were denied bail.

The investigation found that when the fire broke out, managers and security guards told workers it was part of a regular drill and it was too late for many to escape. Workers found the gates locked from outside as the fire engulfed the sprawling building, according to the investigation.

Police filed homicide charges on Dec. 22 against 13 people, including the owners of Tazreen Fashions Ltd., Delwar Hossain and his wife, Mahmuda Akter. Arrest warrants were issued Dec. 31 for six who police said had fled, including the two owners.

After Hossain and Akter surrendered Sunday, a Dhaka court rejected their bail petition and ordered them to be jailed, pending further legal procedures.

If found guilty, the accused face a minimum of seven years and up to life in prison, Babul said. Of the 13 accused, four are still at large.

It's the first time Bangladesh has sought to prosecute factory owners in its lucrative garment industry, which is the world's second largest after China.

THE ASSOCIATED PRESS

Delwar Hossain, centre right, and his wife, Mahmuda Akter, left, are escorted to a court in Dhaka, Bangladesh, Sunday. THE ASSOCIATED PRESS

Bosnia. Marchers demand release of protesters they claim were beat by police

Hundreds marched in Sarajevo Sunday to accuse police of mistreating arrested protesters and demand their release.

For the fourth day in a row, demonstrators also called on the government to resign because of the nation's almost unemployment rate and alleged widespread corruption.

The head of the local police station, Mirsad Sukic, told a crowd that none of the 44 people who were taken in custody had been mistreated or were minors, and that all but 10 have been freed.

But 17-year-old Harun Cehajic, who claimed he is one of the freed protesters, said he and others were beaten in the basement of the station and not allowed to sleep for 26 hours.

"They destroyed us," he said.

Sunday's protesters also yelled "Let the kids go, bandits!" at police in full riot gear who stood nearby. The crowd then marched to a prosecution office where protesters still in custody are believed to have been transferred.

More than 300 were injured in the past four days during the worst social unrest Bosnia has seen since its devastating war. On Friday, protesters set fire to the presidency and 17 other government buildings in several cities. THE ASSOCIATED PRESS

Policemen secure an area in front of a burnt government building Saturday. AMEL EMRIC/THE ASSOCIATED PRESS

Kashmir

Police hunt for official charged with sex assault

Police were searching Sunday for a lawmaker from Indian-controlled Kashmir who is wanted on charges of sexually assaulting a female doctor in the Himalayan territory, officials said.

Chief Judicial Magistrate Rajiv Gupta issued an arrest warrant for Shabir Ahmad Khan on Saturday based on a police complaint filed by the doctor last week.

THE ASSOCIATED PRESS

Russia

Nun killed after man opens fire in cathedral

A man opened fire Sunday in a cathedral on Russia's Sakhalin Island, killing a nun and a parishioner and wounding six others, investigators said.

Officers detained the 24-year-old man and were trying to determine why he had attacked the Russian Orthodox cathedral in the city of Yuzhno-Sakhalinsk, the federal Investigative Committee said in a statement. THE ASSOCIATED PRESS

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Don't just ride out the ups and downs

Take stock.
This RRSP season, go from passenger to driver

HOW TO ROLL
Alison Griffiths
metronews.ca

Inversions, helix turns and barrel rolls are vomit-inducing delights courtesy of the world's scariest roller coasters. But you don't need to travel to Cedar Point, Ohio, for a dose of fear. Just being invested in the stock market of late will suffice.

Daily triple-digit losses are starting almost to be normal. The S&P/TSX Composite has been gyrating between 12,000 and nearly 14,000 over the past year. The U.S. S&P 500 has been similarly volatile, especially in the last month.

Anemic next-day recoveries throughout January made the dips appear to be normal profit taking after a strong 2013. But last Monday's more than two per cent trouncing felt like the beginning of a rout.

With RRSP season upon us, investors are wondering whether to retreat to the safety of cash, lest a 2008-09–style crash devastate retirement accounts. Those who made that move before the financial crisis was upon us — and then got back into the stock market at the bottom — did brilliantly. But hardly anyone got that bet right.

I don't believe in staying the course and waiting out volatility. Rather, everyone should take a hard look at holdings before investing more money. Automatic investment plans are great conveniences. But they tend to put one in, well, automatic mode.

Before doing anything this RRSP season, look at your equity/fixed-income ratio or asset allocation. Chances are equities have risen as a percentage of the portfolio because of the 2013 market run.

Don't let that continue. Funnel new contributions into fixed income or adjust your automatic investment plan away from equities.

Do your homework

It's often difficult to figure out the equity/fixed-income ratio with mutual funds, which can hold stocks, bonds and cash.

- If mutual funds are lumped together on your statement an adviser can give you a complete breakdown, or you will have to do a bit of legwork yourself.
- If you have 75 per cent in equities, for example, be sure you're comfortable with the risk. Otherwise, reduce and be safe.

Airlines weighed down by baggage of service complaints

A weary traveller searches for her luggage in the baggage-claim area at Toronto's Pearson International Airport in January after a ground stop delayed or cancelled hundreds of flights and created a huge backlog. In its annual report, the Canadian Transportation Agency says it received 301 complaints against eight Canadian carriers in 2012-2013, up from 215 complaints in 2011-2012. Quality-of-service complaints — including allegations about rude, unhelpful staff and poor communication — were the most common for the seventh year in a row. RANDY RISLING/TORSTAR NEWS SERVICE

U.S. jobs data dips down

Yet another thing to pin on the polar vortex?

It could be another volatile week on stock markets as traders are again forced to weigh the distorting effects of harsh winter weather on U.S. employment data.

Markets ended last week positive, with the TSX up 0.67 per cent and the Dow industrials ahead 0.6 per cent, as traders tried to make the best of January employment data showing the U.S. economy created only 113,000 jobs against the 180,000 that had been expected. That followed a meagre 74,000 gain in December, another month of harsh weather.

Despite the overall gains for the week, there were huge swings on both the TSX and the Dow after data for China and the U.S. showed a slowdown in manufacturing, raising concerns about whether economic problems in emerging markets can be contained.

THE CANADIAN PRESS

Everything old is new again: Brain drain tales return

Tech startup Hootsuite wants to hire 100 software engineers this year and it says it will be all but impossible to find them in Canada.

The Vancouver company, like other Canadian tech companies, is competing with San Francisco's Silicon Valley, which regularly draws software engineers to work at heavyweights Google, Twitter, Facebook, Apple and LinkedIn, and startup firms.

Hootsuite will likely have to recruit internationally to add to the ranks of its 80 software engineers, said Ambrosia Humphrey, the company's head of human resources.

"It's a bit of a brain drain," Humphrey said. "It's really difficult to compete with really highly funded Silicon Valley companies."

Hootsuite's senior software engineers help build mobile apps allowing its customers to manage and measure their social networks.

It competes against recruiters, such as San Francisco-based Hired.com, which is looking for as many as 200 Canadian software engineers for Silicon Valley firms to hire.

Hootsuite's CEO Ryan Holmes has spoken out about the impact of Silicon Valley, saying Canada suffers from a growing shortage of computer developers and software engineers because the U.S. tech hub has claimed the best and the brightest for several decades.

For Matt Mickiewicz, co-founder and CEO of Hired.com, it's not a brain drain from Canada. He said it offers an opportunity for engineers to get work experience and connections in the venture capital community.

"Then they'll come back to Canada and utilize those skills to start new companies and mentor the next generation of up and comers," said Mickiewicz, a Canadian who has also opened up a Vancouver office for Hired.com.

University of Waterloo is considered a feeder school to Silicon Valley and about a third of its software engineers head there after graduation.

Dean of engineering Pearl Sullivan said she's not sure the movement of engineers can be called a "brain drain" any more, as the tech marketplace is global in reach. And some of the engineers return to Canada.

THE CANADIAN PRESS

O Canada

"Even for the patriotic, diehard Canadian who insists on their startup being in Canada, in many cases the company gets to a point where it's forced to sell to a U.S. big tech firm."

Analyst Kash Pashootan, portfolio manager at First Avenue Advisory in Ottawa, a Raymond James company

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A WEEK OF PRIDE AND PREJUDICE

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

Both the city's transportation committee and auditor general turned their attention last week to the nuts and bolts of snow clearance and removal, how to get those seemingly endless tons of white misery out of the way faster, better and above all, cheaper. This is much of the business of municipal government — less than glamorous everyday chores that must be performed with the constant awareness that the taxpayer's meter is running.

On the other side of the ledger are the symbolic, aw-that's-nice ceremonial happenings, wherein the mayor proclaims Financial Literacy Day or National Non-Smoking Week, hands out Mayor's City Builder Awards to locals who done good, or names some patch of grass or a hockey rink after whomever.

The raising of the rainbow flag outside City Hall for the duration of the Olympics falls safely within the latter category, but without the accustomed patina of bland positivity. It's a stand against Russia's anti-gay laws, which, rather than being legitimized by the imprimatur of the Sochi Winter Olympics, as some had feared, are facing international attention and criticism precisely because the games are being held there.

Putting up a flag 5,000 miles away is a purely symbolic action, and by itself won't stop a single gay-bashing or arrest for "homosexual propaganda", but it calls out state-sponsored bigotry on behalf of our citizens, and Ottawa wasn't alone (or even first).

Across the country, in Calgary, in Montreal, in Vancouver, in Halifax, officials took their eye off the pipes and roads for a moment to hoist a multi-coloured rag and show the world where they stood.

They raised it in Toronto, too, though that city's embarrassment of a mayor demanded it be pulled down, and was quite properly ignored. (A model of consistency, he had just finished declining in advance to appear at this summer's Pride parade, an event he's avoided every year he's been in office. I frankly marvelled that he's even been invited.)

Back at home, I thought Mayor Watson did himself proud by being a little less mild and mannered than usual when a local Twitter troll took issue with the flag gesture as a "stupid waste of time" and advised him, "You've just lost my vote."

Watson, who'll need every vote he can get in a few months' time, replied, "If you have that point of view, I really don't want your vote."

Many are still uncomfortable with the idea of men loving men and women loving women, whether they think it's unnatural or sinful or just yucky, but a growing number seem to at least accept that other people's relationships are none of their business.

We've come around slowly. It's been just 45 years since homosexuality was decriminalized in Canada, and nine since same-sex marriage was legalized. Ottawa police used to raid gay bars. Now they have a hate crimes unit and a GLBT Liaison Committee. It took until 1995 for the city to issue its first proclamation in support of Pride Week. Today, city hall's a key sponsor and event venue.

It's all good that Canadians can skate fast, jump far and own podiums, but that flag at city hall makes me prouder than any medal could.

ZOOM

Since it's not in the Olympics yet ...

CLEMENT ALLARD/THE CANADIAN PRESS

Cheese trumps insurance at Carnival

Team Fromagerie Ile aux Grues, pictured in red, won the ice canoe race on the St. Lawrence River as part of Quebec's Winter Carnival activities Sunday in Quebec City. Team La Capitale insurance, in blue, finished second.

Ice canoeing started as a gruelling, dangerous, necessary means of transportation to cross the frozen Saint Lawrence River during the winter. The legend is that the racing began as a competition between families for the contract to deliver the mail. Now there's several regular annual races, including at Quebec City's Carnaval de Quebec, the biggest winter carnival in the world. More than 40 teams compete, struggling with the powerful current, great chunks of ice and numbing water.

Other Carnival activities for the 17-day festival include night parades, ice fishing, concerts, snow sculptures, slide runs, horse-drawn sleigh or dogsled rides, skating and a giant foot ball game.

THE CANADIAN PRESS/ CANADACOOL.COM

Sorry, Sochi

The race is the main event of the carnival. The teams race across the St. Lawrence River from Quebec City (Basin Louise) to Lévis, and back. The St. Lawrence is the only place in the world where this sport is practised.

WE ACT:
CANADA DOES GOOD

Q&A with an inner-city community builder

CONTRIBUTED

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Jamil Mahmood, grassroots community development leader
Where: Winnipeg, MB
What: Community leader
Why: "When you make little steps at the community level, it has a lot of impact."

Nine years ago, Mahmood's passion for community development led him to Winnipeg's public gardens to co-ordinate summer programs for the Spence Neighbourhood Association. There, he met many youth and learned about the challenges they faced and the dialogue they wanted to start around improving their community. They just needed an activity to get the ball rolling.

So Mahmood started a soccer program. What started as kids kicking a ball around a field has grown into the inner city's largest sports program—one of many community initiatives he oversees.

What's the first step of getting involved?
"Getting to know people. Before I started doing work with community members, I always got to know what they're about. Hearing families' stories and challenges was eye-opening."

Most rewarding part of your work? "Last year a youth that played on our first-ever team got a full-ride basketball scholarship to the University of Victoria. When you give kids an opportunity to play and they run with it, you know you're doing something right!"

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Addison Timlin and Anton Yelchin star in Odd Thomas, part of the Sinister Cinema series. CONTRIBUTED

That odd thing called love

Addison Timlin.
Actress talks about her leading lady role in the Dean-Koontz-penned Odd Thomas

CHRIS ALEXANDER
scene@metronews.ca

There's something odd about Odd Thomas, both the film and the same-named protagonist played by Fright Night's Anton Yelchin.

The eerie, lively and amusing supernatural adventure (which opens this Friday in Canada and is directed by The Mummy's Stephen Sommers) is an adaptation of the celebrated cult novel by horror-meister Dean Koontz in which sweet-natured short order cook Odd uses his uncanny ability to "see dead people" to avenge ghosts, battle a human fungus and save the world.

But behind every good monster-hunting man is a good — and tolerant — woman, and Odd's main squeeze is the lovely Stormy Llewellyn played by the equally lovely Addison Timlin (Zero Hour). Playing a beloved character with literary origins wasn't a task taken lightly by the 22-year-old actress.

"First and foremost," Timlin says, "you have to share the character."

"Stormy was not my own, I had to create a version of her. I had to find a way to capture how lovely her spirit was and I did read the books. There was plenty of highlighting and tons of notes. And since Anton helped find his character by training with a real fry cook, I ended up working at an ice cream parlor in New Mexico. Seriously."

Such dedication to sculpting a multidimensional character in an effects-heavy supernatural horror-drama is to be commended. The result of both Yelchin and Timlin's methods is a palpable on-screen romance that — although never really explained — is genuinely moving, a rare chemistry that is refreshingly bereft of exposition.

"It's really very simple," says the actress. "We all decided that when you're really in love, your whole world becomes that thing, two people who really understand each other, who have certain attributes of each others' personalities in each other, who have this rapport with each other.

"I'm a sucker for romance in any case and that's what drew me to the film first and foremost, its love story."

And for those viewers cautious of watching an intimate dark fantasy drama helmed by one of Hollywood's most indulgent directors (Outside of The Mummy films, Sommers also directed the bloated Van Helsing and G.I. Joe), Timlin assures that Sommers had complete control. "I think people forget that before The Mummy, Stephen was a writer first. He has a good eye for moments between people and a genuine love for storytelling. And Dean Koontz loves the movie, which should tell you something!"

Sinister Cinema

Odd Thomas is part of Cineplex's Sinister Cinema series. For more information on screening times and locations, visit cineplex.com.

E-books

Rain Shadow

By. Rebecca Hansen Carrer

iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

The prospect of undiscovered wealth drove men to shameful acts of subterfuge and violence in the late 1800's acquisition of water rights for Los Angeles. This well-researched, fictionalized account follows a young girl as she grows up through the corruption. Zoomable maps, a music score, and pop-up history notes enhance the story.

RoboCop. Canuck actors thrilled with the tech

The '80s classic RoboCop gets a movie makeover this week with a slew of modern-day visual effects, but the star of the film is still that heavily armoured suit, say two of the reboot's Canadian co-stars.

The beloved action flick returns Wednesday with Joel Kinnaman in the leading role of Alex Murphy, a critically injured cop who is transformed into a human-robot hybrid by a corporation bent on reinventing law enforcement. As in the original, the action is set in a futuristic crime-ridden Detroit.

Toronto-bred co-star K.C. Collins says performing opposite a fully encased Kinnaman — who was forced to wear a costume weighing roughly 20 kilograms — was "very intense" and "very intimidating."

"The suit is still the suit," says Collins, who plays a street-smart fellow cop. "The suit is still hardware, it's tangible in this film, it's not something that's, like, throw a few (motion capture) dots or whatnot and then go create it on the computer."

As a fan of the original 1987 film, Collins says he was glad to be just as impressed with the eye-popping visuals as he was when he was a kid.

He recalled watching the film's Swedish star, best known in North America for starring in The Killing, enter his trailer as a regular guy but emerge as a deadly machine.

"It was weird to see how one can be transformed in front of your eyes into a superhero," says Collins, who added that he had not yet seen the final film.

"That was incredible. We deal a lot with green screen and whatnot in this business, but to really see him put on this suit ... it was incredible. That was interesting for me as an actor who's seen a lot — to still be amazed. That's always the best feeling."

The action takes place in 2028, but the science on display is all very plausible, says fellow Canuck co-star Patrick Garrow, who marvelled at advances in day-to-day technology since the original film debuted in 1987.

But despite all the cool tools on display, this is not just a blow-'em-up action flick, he adds, noting that the deeper social themes that endeared the first RoboCop to fans and critics alike were maintained.

THE CANADIAN PRESS

Actors Gary Oldman and Joel Kinnaman pose with RoboCop. CONTRIBUTED

Shia LaBeouf makes a statement at the Berlin Film Festival. GETTY IMAGES

LaBeouf: Now plagiarizing for press conferences, too

Welcome to the deep end, Shia LaBeouf. The actor, who has had quite the time of it these past few months, is racking up more weirdness points after showing up at a press conference for Nymphomaniac in Berlin on Sunday looking filthy, "missing a lower tooth," and then storming out after uttering a nonsensical quote. Oh, and then he showed up on the red carpet with a bag on his head.

And all of this was after he almost got into a fight with three "fans" in a hotel lobby on Saturday after they tried to take his picture.

So, let's backtrack a bit: In December, it was discovered that LaBeouf's new short film, HowardCantour.com, was basically lifted from a 2007 comic by Ghost World author Dan Clowes. A huge firestorm erupted. LaBeouf took to skywriting to apologize, inscribing, "I'm sorry Daniel Clowes" over Los Angeles on New Year's Day.

Now back to the Nymphomaniac press conference. LaBeouf appeared next to his costars Christian Slater, Stacy Martin, Uma Thurman and Stellan Skarsgård beat up, dirty and, yes, missing a tooth.

Someone then asked him this softball question: What did he think about doing a movie with so many sex scenes? He paused several beats, then replied, "When the seagulls follow the trawler, it's because they think sardines will be thrown into the sea. Thank you very much." He then left the room while his costars looked on and then softly applauded.

At first, everyone thought that LaBeouf actually said something not plagiarized for once, but that dream was quickly erased. Turns out, LaBeouf's line was borrowed from French soccer player Eric Cantona, who baffled reporters with it in the mid-1990s following his suspension for a flying kick on a heckler.

Later on Sunday, LaBeouf showed up on the red carpet with the bag on his head. Because, well, why not? Look, LaBeouf. Not sure what is going on here, but we've already suffered through the antics of Joaquin Phoenix, and that's enough for one decade. **WITH FILES FROM THE ASSOCIATED PRESS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Poor Paltrow gets the push from her neighbours

STARGAZING
Malene Arpe
scene@metronews.ca

Gwyneth Paltrow is selling her London house, reportedly because all the neighbours dislike her. That is such a mean, terrible lie. She's being forced to move because the neighbours all refuse to wear organically sourced cotton and it hurts her eyes.

J.K. Rowling says that she very much regrets Hermione and Ron's romantic relationship and that she now believes Hermione should have ended up with Harry. It's infuriating and upsetting news but, fortunately for everybody, those people DON'T EXIST.

Queen Elizabeth has reportedly told Duchess Kate to lower her hemlines and to start wearing more traditional jewelry such as tiaras. Not because the Queen really cares, but it's the little things that keep life fun.

A new study shows that the earning power of actresses starts declining at age 34, while actors reach their financial peak at age 51. Before you get your lady-undies in a knot, please remember that 51 is the age when the mistresses, the cars and the pinky rings start getting really expensive, so it's really only fair.

Bradley Cooper's girlfriend Suki Waterhouse is the new face of UGGs. So many questions! Did she get the gig because of fame-adjacency? How much will she earn? If UGGs need a face, does that mean my hat needs a foot?

Valentino left holding the bag for photo promo gaffe

The fashion house Valentino has apologized for touting in an email blast to journalists that one of their pricey bags was carried by Amy Adams as she stepped from a car at the wake of Philip Seymour Hoffman.

Much was made of the promotional email sent Friday, complete with two photos of Adams outside the Thursday wake. Valentino said in a statement that quickly followed that the company didn't realize the photos were snapped at the sad gathering of loved ones for Hoffman, who was found dead Feb. 2 of an apparent heroin overdose in his apartment.

Hoffman, 46, co-starred with Adams in The Master and both his wake, and funeral the next day, were attended by numerous celebrities, Adams included. "We sincerely regret releasing a photo to the media ... of Amy Adams with a Valentino Bag. We were not aware the photograph was taken while she was attending the wake of Philip Seymour Hoffman. It was an innocent mistake and we apologize to Ms. Adams who was not aware, or a part of, our PR efforts," said the regretful statement signed by Mona Swanson, vice-president of communications for Valentino USA. **THE ASSOCIATED PRESS**

Valentino is under fire for sending out a photo of Adams carrying one of the company's bags at Philip Seymour Hoffman's wake. THE ASSOCIATED PRESS

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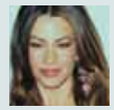

@SofiaVergara
I eat props

@PamGrier
NBA Jam Allstars and Mardi Gras will rock in New Orleans in a few days! Carnival! La la la la, la la la la.....

@tomhanks
Research for a job. Really. Riding Colossus twice. Then Magic Mountain!

Bieberiffic. Judge says the singer won't be charged with felony vandalism

Justin Bieber can breathe a little easier when it comes to his legal woes, as in at least one case he's looking to be let off easy.

Sources tell TMZ that Bieber will most likely avoid a felony vandalism charge stemming from his throwing eggs at his Calabasas, Calif., neighbour's house, earning just a misdemeanor instead. "There just isn't enough compelling evidence to file a felony vandalism charge against Justin, period," a source says.

"The Los Angeles County Sheriff's Department has been extremely overzealous in their investigation involving Justin. Sending over a dozen squad cars to execute a search warrant at his house, issuing press releases when the investigation is handed over to the DA for filing, it's just not done to the average guy."

Of course, he still has arrests in Miami and Toronto for more serious activities to contend with.

Justin Bieber GETTY IMAGES

Metro Ottawa takes a look at the state of the economy in Ottawa-Gatineau and where things are headed in 2014. Including interviews with the mayors of both Ottawa and Gatineau and some of the major economic players, examining everything from jobs and downtown development to small business and the real estate market.

IMAGINE OTTAWA-GATINEAU
Available in the February 25th edition of Metro!

LIFE 3

This season, would you please pass the catch-up?

Leave that loan alone. When it comes to your RRSPs, 'tis nobler to stock up on contributions than to borrow that cash

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Every RRSP season I get a slew of letters from people who want to ask me about borrowing money to catch-up unused RRSP contribution room. Their bankers have convinced them to borrow big-time to catch up on all the RRSP contributions they hadn't made.

I thought this might be on more than one person's mind since it's RRSP season and the marketing material is flying in the door at a wicked clip. Remember that by its nature, marketing material is designed to show you the positive side of a strategy so you'll want to take advantage of the "offer." But not all offers are worthy of your attention.

Let's take the case of Nancy, who wants to borrow $45,000 to catch-up her unused RRSP room. When I brought up Scotiabank's calculator, the default interest rate was 7.5 per cent. Nancy plans to repay $530 a month.

Assuming Nancy applies her tax refund — Scotia's calculator says it'll be $15,750 — to her catch up loan, it will take Nancy 10 years to get out from under this debt and it'll cost over $7,000 in interest by the time the loan is repaid, assuming her interest rate does not go up one iota over the next decade. Hmmm. I wouldn't take that bet!

It's that time of the year again and you're itching to make an easy go of your RRSPs. Avoid a quick solution and pack your piggy bank instead. ISTOCK

That's gonna cost ya

I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.
Gail Vaz-Oxlade

But hang on a second. That tax refund might not be right. Since we pay tax on a sliding scale, as the deduction is applied, Nancy's marginal tax rate might go down so that instead of getting a $15,750 refund, she ends up with less.

The calculator doesn't take that into consideration, nor do most of scenarios in those marketing brochures. The result is that people get back less in taxes than they imagined and get stuck paying back their loan for longer.

Do I think this is a good idea? I DO NOT.

If interest rates go up, Nancy could find her higher payments putting more pressure on her budget, since the loan rate is only fixed for the first year.

And with a loan repayment eating up a large slice of her budget pie, will Nancy be able to afford to make her regular RRSP contributions? If the answer is "No," at the end of the catch-up loan she would have to catch up the contributions she didn't make while she was repaying the loan. Sounds like a catch-22 to me.

Here's an option Nancy might want to consider. She could set up a monthly investment plan and contribute the amounts she would have paid on the loan to her RRSP. It may take a little longer to catch up, but she would have no interest costs. All her money will be working for her instead of making a bank even more profitable.

I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.

Saving and investing are long-term, slow and steady propositions. If you want to catch up your RRSP unused contribution room, trim back on your expenses or make enough extra money to sock away what you want. Don't borrow it.

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Honey, the toddler wants his tablet again!

Apple before ABCs? Canadian kids can navigate a tablet before they can tie their laces: report

A global study of how young kids are using the Internet found Canadians were spending less time online and were less likely to have their own email address or social media account.

Still, more of the three- to five-year-old Canadian children involved in the study knew how to use a mouse and play computer games than ride a bike or write their name.

The survey of more than 6,000 mothers in 10 countries was conducted by security software company AVG Technologies, which researched how kids between the ages of three to five and six to nine were engaged with the Internet.

About 89 per cent of the kids in the older group were already Internet users, while the figure was one percentage point higher in Canada. A whopping 97 per cent of the Brazilian kids and 96 per cent of the British children in that age bracket were familiar with the Internet.

When the parents of the six- to nine-year-old kids were asked how long they allowed their children to go online the most common reply was between two to five hours a week (42 per cent), followed by less than two hours weekly (36 per cent), five to 10 hours a week (16 per cent) and more than ten hours weekly (seven per cent).

About 40 per cent of the Canadian parents said they limited Internet time to less than two hours a week and 48 per cent said they allowed two to five hours of web time weekly.

Although it's emerged as a bit of a trend among digitally obsessed parents, few involved in the survey said they made a point of registering an email address for their baby or toddler.

Just eight per cent of the parents said they reserved an email address with their child's name, while six per cent of the Canadian moms did so.

THE CANADIAN PRESS

Baby on (key)board!

- As for what the younger three- to five-year-old kids were doing themselves, 78 per cent of the Canadian tots could already use a computer mouse, 76 per cent could play a basic computer game, 54 per cent knew how to turn a computer on and off, 40 per cent could navigate a tablet or smartphone, 19 per cent could competently browse the web, and 16 per cent could make a phone call.

Slavery myths in Canada

Myth No. 1

Slavery never existed in Canada, right?

Many Canadians are under the assumption that slavery never existed in Canada (or not at the same levels found in the U.S.), which is false.

The first recorded slave to arrive in Canada was a six-year-old boy named Olivier le Jeune from Madagascar in 1628. Most slaves were imported from other British colonies and the Americas.

Myth No. 2

Canada was the first to abolish slavery before other parts of the world followed suit.

Politicians enacted legislation in 1793 that set limitations on slavery in the country. The 1793 bill meant anyone born a slave would secure his freedom when he turned 25. At the time, the average lifespan of a slave was 20 to 25 years. But slavery wasn't officially abolished until 1833 when Britain abolished it.

Myth No. 3

Weren't all black slaves who escaped to Canada from the U.S. afforded all the civil liberties enjoyed by other European Canadians?

Despite the warm and fuzzy images and scenes displayed in most current-day slave narratives, black slaves who escaped to Canada faced discrimination, violence and segregation. Unlike racist legislation, like the Jim Crow laws, passed in the U.S., Canada had largely unwritten racist codes, which many could argue made it more difficult for black people in Canada.

Myth No. 4

Slaves who escaped north lived out the rest of their lives in Canada.

Some former slaves left Canada for the U.S. once slavery was abolished in America to escape difficulties in Canada and for chances at upward mobility afforded to them by moving to cities with higher black populations. Entire generations of black Canadians were completely lost to Canadian history by moving to the U.S.

TAKARA SMALL

Canada's unknown slave-owning past

Black History Month. Historians believe about 5,000 slaves were brought to the country. Their stories are often left out of the history books

TAKARA SMALL
life@metronews.ca

You've heard this story before: A group of slaves escape for freedom in the middle of the night. But here's the twist: These slaves weren't running toward Canada. They were running from it — fleeing from Canadian slave owners and headed for freedom in Detroit.

While American slavery is having a moment in Hollywood thanks to the Oscar-nominated film 12 Years a Slave, the story of Canadian slaves — whose lives were as unjust and inhumane as those in the south — has largely been ignored.

"We tend to think of it as 'not in my backyard' myth about slavery," says Delorean Kilen, project coordinator at the Ontario Black History Society. "People don't remember that slavery existed here because we've been 'slave-free' longer than the U.S."

Slavery existed in Canada for more than 200 years and was officially abolished 30 years before the Emancipation Proclamation order was issued by U.S. President Abraham Lincoln.

Historians believe there was an estimated 5,000 slaves who were forcibly brought to Canada, either directly as property, or shipped through the trans-Atlantic slave trade from other British colonies.

In 1793, Upper Canada outlawed importing slaves and the practice was officially abolished in 1833 alongside the rest of the British Empire.

"It's something that people don't want to talk about and are not comfortable talking about," says Natasha Henry, a historian and educator. "Slavery was used as a tool for both (British and Canadian) colonies.

"By ignoring that, we're not portraying a complete history of Canada."

Rosemary Sadlier is one of many Canadians whose roots reach back to pre-Confederation. Her mother's family can be traced to 1840, while her father's ancestors arrived in New Brunswick in 1793.

This painting, originally entitled Portrait of Negro Slave, is one of very view public pieces of art that depicts a black Canadian slave. COURTESY MONTREAL MUSEUM OF FINE ARTS

"Everyone assumes that everyone who is black is a recent immigrant, but there are thousands of black Canadians who have been here since the founding of the country," says Sadlier, an author and recipient of the Order of Ontario.

"In my younger years I didn't come away with a real sense of my family's historic contributions to this country and I think there's a way that we are made to feel to various measures that we aren't the same, we haven't paid our dues, we're visitors in someone else's country," she says. "When you have something like black history, it changes all of those stereotypes because you can't be an unwelcome visitor in a country that's your own."

Charmaine Nelson, an art historian and professor at Montreal's McGill University, believes a heavy dose of corrective action is needed to educate people who see slavery as only an American experience.

"We don't ever want to take credit for slavery in Canada so we have to keep it out there in the tropics or the U.S.," she says.

Photos and portraits that depict slavery in Canada are not easily found or publicized, which adds to the difficulty Nelson and other educators have when talking and teaching the public about this stain on our nation's history.

A painting originally called Portrait of Negro Slave is one of the few items that gives a face to slavery in Canada. The name of the portrait was controversially changed to Portrait of a Haitian Woman.

"The renaming in effect expels slavery from Montreal and Quebec, rendering it only a troubling history of tropical colonies like Haiti and not one of immediate concern to Canadians," said Nelson.

Quoted

"The legacy of the underground railroad is positive and empowering but what that legacy does is that it blinds us and obscures the other things that were going on before the railroad. We had slavery in Canada, it just ended sooner."

Rosemary Sadlier, a descendent of Canadian slaves

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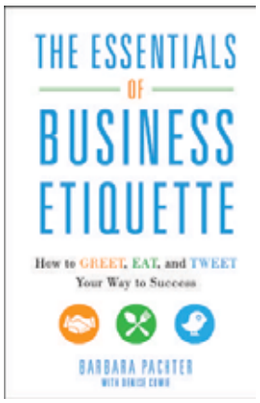
How best to succeed in post-secondary situations? Start with a little class

On-campus etiquette. While working hard for those As and Bs, it's important to brush up on your Ps and Qs

LASSE EMIL KRISTIANSEN
Metro World News

Don't look sloppy, be nice to your fellow students and greet people with a firm handshake. These simple rules might seem obvious, but they're certainly not on the syllabus. In her book The Essentials of Business Etiquette: How to Greet, Eat and Tweet Your Way to Success, Barbara Pachter will guide you through your studies without looking ignorant or unprofessional.

When is it appropriate to tweet your professor?
Usually professors let their students know the best way to reach them, including whether sending a direct message is appropriate. If a professor doesn't say anything, you can always ask.



Nothing beats a solid handshake when it comes to business encounters. ISTOCK

Is it ever appropriate to friend request your professor on Facebook?
Before you send a request, ask yourself: "Do I really want my professor to read my posts?" Plus, professors will often express their opinions about connecting with their students on social media. One professor tells her students that she will only connect with them on LinkedIn, and only after the semester has ended. My students can like my business Facebook page.

What is the proper way of greeting someone at a business meeting?
The handshake is the proper business greeting. Both men and women should stand when they shake hands.

When you are having lunch with a business associate what is the ideal thing to order?
Remember that the purpose of a business meal is business, not food. Order what you know how to eat, what is easy to eat, and what you like to eat. A business meal is not the time to experiment. Also, order something in the mid-price range. If you order the most expensive item, it will look like you are taking advantage.

When applying to MBA programs, what is the best way to reach out to professors you're interested in working with?
I would send an email to the professor. Use a descriptive subject line to catch the professor's attention. Make sure the message is clear about what you want. Use polite language and eliminate any typos. Include your contact information — including full name and phone number.

How many emails is it appropriate to send if you don't receive a response?
Emails do get lost so I would wait a week or so and then send one more.

Take note!

Barbara Patcher's three best tips for future MBA students

- **Have a professional demeanor.** You want to convey a confident and credible image. Be aware of your verbal and nonverbal communication. Are you speaking too softly or loudly? Dress appropriately. Do you use filler words ("OK," "alright," "like") that take away from your comments?
- **Show initiative and convey enthusiasm.** Go above and beyond. Offer to help others. Be proactive. Try new or better ways to accomplish your studies or work. Give sincere compliments.
- **Be friendly and upbeat.** People don't like to be around others who ignore them. Smile. Make an effort to greet people. Say "Hello" or "Good morning" to people you know and don't know. Speak well of others, avoid downbeat topics and stop complaining. Don't criticize your professors, employer, boss or co-workers on your social media sites.

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Goodbye grade school, hello globe!

Leaving the homeland and the homework?

Parents weigh in on the pros and cons of having children miss school for vacations

Clockwise from top left, Heather Greenwood Davis, her husband Ish Davis and sons Cameron and Ethan pose for a photo in Versailles, France in May 2012. HEATHER GREENWOOD DAVIS/GLOBETROTTINGMAMA.COM /THE CANADIAN PRESS

Heather Greenwood Davis has few qualms about pulling her children out of school for short-term trips — a practice she plans to continue in future.

In fact, the Toronto-based travel writer is such a firm believer in the benefits of learning beyond the classroom that in 2011, she took a year-long globe-trotting journey with her husband and sons (then aged six and eight).

Greenwood Davis documented their adventures — which spanned six continents and 29 countries — on her website, Globetrotting Mama. Her column Postcards from the Planet, which included photos from her travels and updates on her whereabouts, appeared weekly in Metro in 2012.

"I know the value that travel has brought to my life, even as an adult, and how many times I've been places where I've wished: 'Gosh, if I had seen this when they were trying to teach me out of the geography book or history book, it really would have sat with me better,'" she said in a recent interview.

"Outside of strict educational channels, too, we talk about socializing kids, instilling confidence and all of those sorts of things — and travel offers all of that."

As a travel adviser, Sheila Gallant-Halloran said her busiest periods at work are when her clients are on vacation, such as March Break and the summer. That's one of the reasons the mother of two daughters, aged eight and 14, has previously allowed them to miss school to help accommodate the occasional family vacation, like a fall trip to Walt Disney World or an extended break for travel around Easter.

"Work commitment is the biggest thing for me. But certainly there are price considerations," said Gallant-Halloran, Ottawa-based luxury travel adviser with Vision Travel/Lush Life.

"I have a lot of teacher clients, for example, they can only go on (vacation during) March Break ... it is very difficult for them to take off other times. As a result, they're going for when the majority of people are trying to travel with their children, so they're paying higher costs for flights....

"If you're stuck and you have to travel at that time, you have to actually book far in advance to get the best pricing. And if you don't have that liberty, then you're stuck."

Having children miss several days, a week or more from school for non-essential travel may prove appealing to parents looking to squeeze in family getaways within busy work schedules or seeking to save with last-minute deals. But a British couple with three children recently paid a high price when their kids missed class.

Natasha and Stewart Sutherland had booked a week-long fall trip to Greece a year in advance. Previously, the Department of Education allowed teachers to grant leaves of absence for family holidays during the school term in "special circumstances" of up to 10 school days per year.

But amendments enacted last September removed references to family holiday and extended leave, as well the "statutory threshold" of 10 school days.

The Sutherlands were forced to pay more than more than $1,800 in costs and fines. Meanwhile, an online petition seeking a reversal of the amended rules has gathered more than 200,000 signatures.

Representatives for public school boards in Toronto, Montreal and Vancouver told The Canadian Press that cases are addressed on an individual basis, and the decision on whether kids will miss class ultimately rests with the parents, provided they obtain proper clearances from school officials.

Toronto District School Board spokesman Ryan Bird said their policy is that teachers shouldn't be expected to provide detailed classroom work and homework assignments for students who are away for extended periods of time as a result of family or parent-initiated absences.

In an email, Sam Hammond, president of the Elementary Teachers' Federation of Ontario, said the union is opposed to having teachers develop homework assignments for students who are absent.

"Teachers often do get requests for homework when students are going to be away, and it does require additional work for the teacher planning what activities will be meaningful for a student when they're not in class, and trying to make sure that they do get caught up on assessments," said Dianne Woloschuk, president of the Canadian Teachers' Federation.

THE CANADIAN PRESS

The power of a passport

"I know the value that travel has brought to my life, even as an adult, and how many times I've been places where I've wished: 'Gosh, if I had seen this when they were trying to teach me out of the geography book or history book, it really would have sat with me better.'"

Heather Greenwood Davis
Travel writer

We're leaving on a jetplane

Greenwood Davis emphasizes the importance of providing ample notice about a potential trip to find out what may be covered during that period and to determine if it's a good time for the child to be away.

- "You might change your mind once you hear that they're studying something you know your child's struggling with. So I think that notice is really important," said Greenwood Davis, whose sons are now nine and 11.

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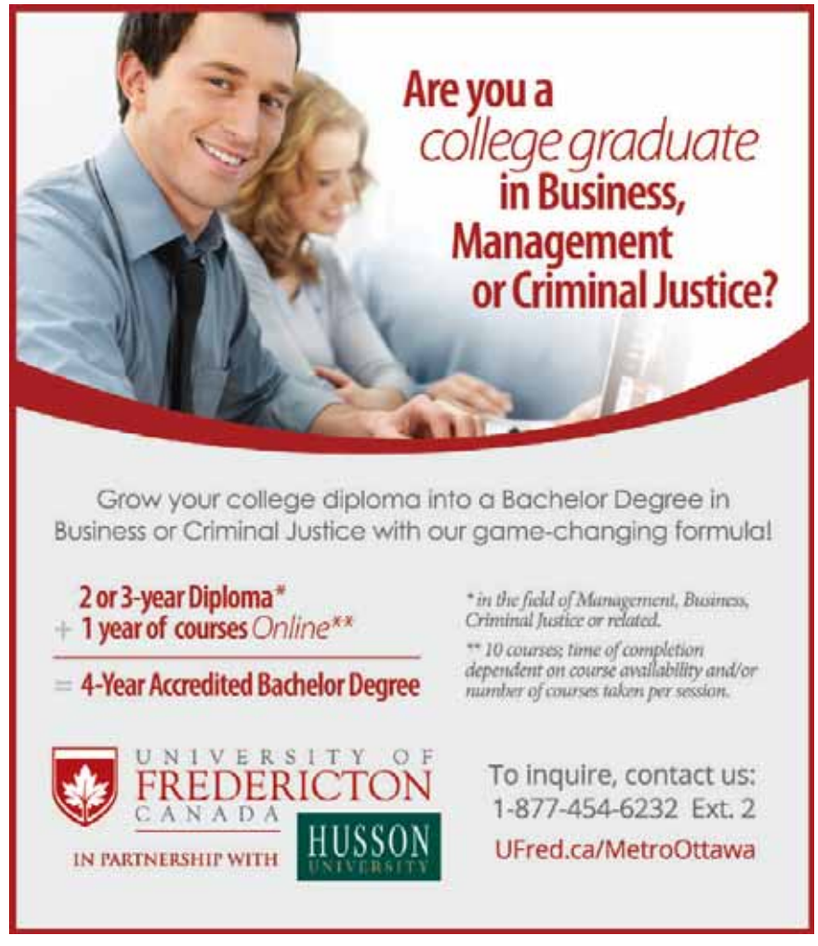
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Can I have a word?

$5M effort put forward to reduce word gap in low-income children

Rhode Island's capital city has begun an effort to boost language skills in children from low-income families by equipping them with audio recorders that count every word they hear.

The initiative, called Providence Talks, uses small digital recorders that fit into a child's clothing. During home visits, social workers go over the word counts with parents and suggest tips to boost children's language skills.

The voluntary program began last month with 75 families. Studies show children from poorer families enter school having heard millions of fewer words than more affluent children

THE ASSOCIATED PRESS

'Round the world wisdom

Stuck in the middle with your goal?

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The finish line of your goal may be far from sight, but this is exactly the wrong to time to kick back and become complacent. ISTOCK

Most of us love the excitement of signing up for a big project. We jump into the endeavour with vigor and are eager to hit the ground running. When the end finally comes into view we get a surge of energy, a finishing kick allowing us to complete the project effortlessly.

When running longer distances, the real challenge is the dreaded middle where you crave that long-gone excitement of the start line, but still can't smell the scent of the finish line.

The ever inhospitable deserts had me and most competitors dozing through the middle of the races, hardly feeling as if we made progress at all. Once I realized I had fallen victim to the blahs, the lesson was as impactful as it was simple: Be it in life, a relationship, a project or racing in the desert, most of our time gets played out in the middle, and it is here we need to work hardest to keep our forward drive intact. I did so by inventing mini personal challenges throughout the middle of my races, this way creating a multitude of starts and finishes.

How do you push through the middle hurdle?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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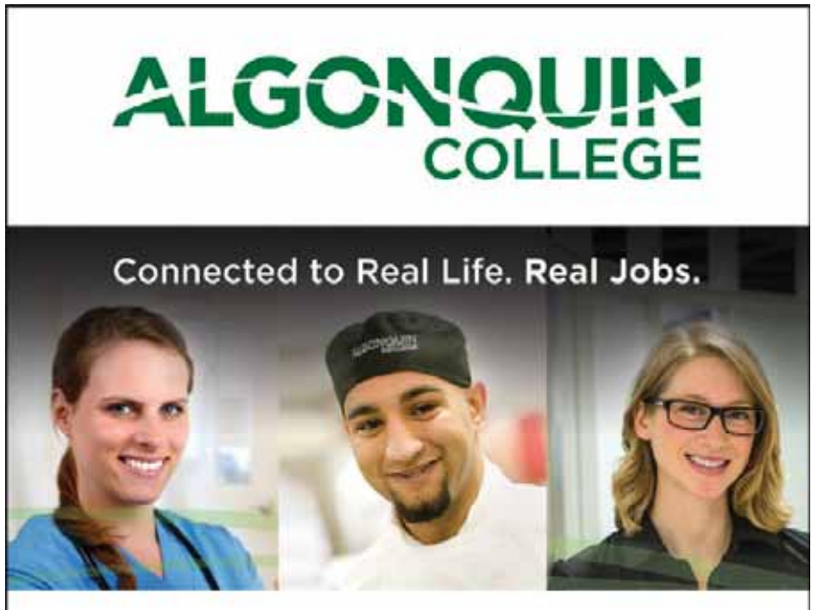
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Skinny dip your favourite fruit in sweet Baileys Irish Cream Fondue

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Sweet Week. Prepare to feel your teeth ache as Metro gets in the mood with a different Valentine's recipe each day this week

This fondue contains 240 calories per serving. ROSE REISMAN

What makes for a more outstanding Valentine's Day than ending a meal with a luscious chocolate fondue? It's perfect for the romantic couple as well as a great family treat.

Not to mention, a bubbling pot of melted silky chocolate during the coldest month of the year will warm up anyone's heart.

My light chocolate fondue is not an oxymoron! You can definitely have your chocolate and eat it too, without worrying about excess calories, fat and cholesterol.

My fondue recipe uses 2 per cent evaporated milk rather than heavy cream, which is traditionally used.

If you want more antioxidants use chocolate with a higher percentage of cocoa. But above 70 per cent cocoa is too bitter for a fondue.

Semi sweet has around 35 per cent cocoa content and suits this recipe well.

You can also experiment with white or milk chocolate, but you may have to add more evaporated milk.

Any liqueur of your choice will work or you can omit completely. My favourites include Kahlua, crème de menthe, Frangelico or fruit liqueur.

Slice up your favourite fruit, dried fruit and some mini marshmallows and you're ready to dip!

FLASH FOOD

From your fridge to your table in 30 minutes or less

My favorite fruits for dipping include scrumptious strawberries, bananas, pineapple, honeydew and cantaloupe.

If you don't have a fondue set, just serve in a decorative heat proof bowl surrounded by the dipping ingredients.

Leftover fondue can be refrigerated and reheated for the next dipping party.

Directions

1. In a small saucepan on the lowest heat, combine chocolate and evaporated milk. Whisk constantly for 3 minutes just until chocolate is melted.

2. Add sugar, corn syrup and Baileys and simmer for 5 minutes on the lowest heat, whisking constantly.

3. Place in a bowl or fondue set with ingredients to be dipped.

Ingredients

- 8 oz semi sweet chocolate chips
- 1/2 cup 2% evaporated milk
- 1 cup icing sugar
- 2 tbsp corn syrup
- 2 tbsp Baileys liqueur
- 4 cups combined sliced fruits, dried fruits, mini marshmallows

Stealing the spotlight from cheesy cards

This Valentine's Day, get ready to melt your lover's heart with this seductive recipe from Dairy Farmers of Canada.

Begin the evening by firing up the flame of eternal love with the ultimate romantic sharable dish, Canadian Swiss and Canadian Gruyère Cheese Fondue.

Ingredients

- 1 garlic clove, halved
- 1 baguette bread, slightly stale, cut into large cubes
- 1 tbsp (15 ml) all-purpose flour
- 1 lb (450 g) Canadian Swiss cheese, grated
- 1 lb (450 g) Canadian Gruyere cheese, grated
- 1 1/2 cups (375 ml) dry white wine
- 1/3 cup (80 ml) kirsch
- Pinch of grated nutmeg
- Freshly ground black pepper

Both your hearts are bound to melt as you feed each other cubes of bread and flavourful raw vegetables coated in a delicious creamy mixture of Canadian cheese.

Cupid himself will be asking you for your secrets.

1. Rub bottom and sides of a fondue pot with garlic. Place a basket filled with bread cubes on the table.

2. Mix flour and cheeses.

3. Pour wine into the fondue pot and heat over medium heat. Gradually add about a third of the grated Canadian Swiss and Canadian Gruyère cheese, stirring constantly with a wooden spoon until cheese has melted and the mixture begins to bubble.

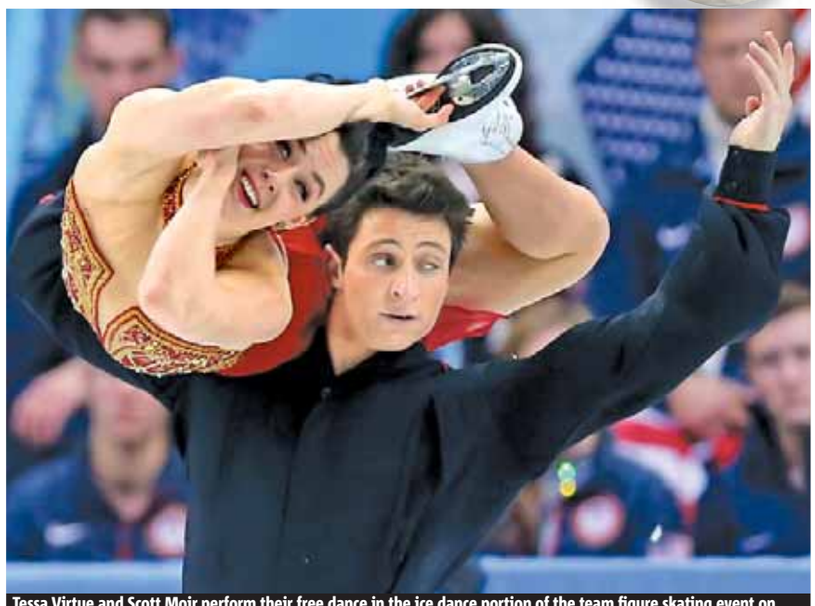
4. Continue stirring while gradually adding remaining Canadian Swiss and Canadian Grower cheese. Add kirsch and nutmeg, season with pepper and place fondue pot on a lit alcohol burner.

DAIRYGOODNESS.CA

This recipe serves four. DAIRYGOODNESS.CA

Bittersweet silver for Virtue, Moir

Figure skating. Canada places second in inaugural team event, but duo worried about ground lost on American rivals



Tessa Virtue and Scott Moir perform their free dance in the ice dance portion of the team figure skating event on Sunday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

Scott Moir peered up the point spread and cursed quietly under his breath.

Then somebody reminded him he'd just won an Olympic medal.

Canada captured silver in the new team figure skating event at the Sochi Olympics on Sunday, but it came with mixed feelings.

Elation for Kevin Reynolds, who filled in admirably for Patrick Chan in his first international event this season. Shock for Tessa Virtue and Moir, who lost to American ice dance rivals Meryl Davis and Charlie White by their largest margin ever.

"We got smoked today, not even close," said Moir, Canada's team captain. "We just can't be that way ... it's not fun to be seven points behind in the free program. We don't plan on being there in a week."

Cheered on by an arena filled largely by its countrymen, President Vladimir Putin, and a burly man banging on a huge bass drum, Russia clinched its first gold medal of the Games with a dominant 75 of a possible 80 points. The Canadians had 65, five more than the third-place Americans.

The nine-member Canadian team — Virtue and Moir, Chan, Reynolds, Kaetlyn Osmond, Meagan Duhamel and Eric Radford and Kirsten Moore-Towers and Dylan Moscovitch — grabbed each other in a massive group hug afterward.

They clasped hands in a Broadway style bow in the flower ceremony. Moir, however, didn't get a bouquet — the presenters were somehow one bouquet short — so Virtue reached over and clasped his hand and they held her flowers together.

In the post-podium victory lap, Moir sailed a huge Canadian flag over his head.

"We couldn't be happier for our team," Virtue said. "It's been so much fun to cheer on our teammates all week long, they've had a lot of personal bests, a lot of special Olympic moments and it doesn't get any better than that."

But Canada's defending ice dance champions have to hope for much better when their individual event begins next Sunday.

Davis and White, who had never beaten the Canadians in the free dance by more than about a point-and-a-half, scored 114.34, topping them on the technical score and all five components — what used to be the artistic — scores.

THE CANADIAN PRESS

Quoted

"We'll take a night here and celebrate with our team, but you can already see the wheels turning in my head..."
Scott Moir

Highlight of the night

Kevin Reynolds, a shaggy-haired 23-year-old from Coquitlam, B.C., had Canada's best performance of the night, landing three quad jumps to finish second behind Russian veteran Evgeni Plushenko in his first international competition of the season.

Chan savours his first Olympic medal

Patrick Chan cheers on his peers on Sunday in Sochi.
DARRON CUMMINGS/THE ASSOCIATED PRESS

Patrick Chan collected his first Olympic medal Sunday, with the hope of more to come in the men's individual figure skating event.

But after watching teammate Kevin Reynolds, singles competitor Kaetlyn Osmond and ice dancers Scott Moir and Tessa Virtue wrap up the inaugural Olympic team figure skating competition, the three-time world champion from Toronto was feeling the glow of a Canadian silver medal.

Chan skated the short program to kick off the team event Thursday. Chan was fifth four years ago at the Olympics in Vancouver.

The 23-year-old Chan was on hand to cheer on his teammates in the Iceberg Skating Palace at the three-day event.

"Extremely nice," he said of winning a medal, which will be awarded at a ceremony Monday. "It's surreal, it's extremely surreal."

The men's event will begin on Thursday and conclude Friday. THE CANADIAN PRESS

Quoted

"And to win a medal and to have such teammates, it really makes me proud to be Canadian." Patrick Chan

Day 2

Canada's momentum slows after historic day

After a best opening day ever at a Winter Olympics, Canada cooled on Day 2 with a single silver medal in figure skating.

The second-place finish in the new team event gave Canada a total of four medals at the 2014 Winter Games in Sochi, Russia.

Canada opened with a medal of every colour Saturday, including Justine Dufour-Lapointe's gold in women's moguls.

The stated objective for Canada is to win the overall medal count after finishing third with 26 in 2010.

THE GOOD

Canada's figure skaters should feel good about themselves heading into their individual events after capturing silver in the new team event. A showdown is brewing in men's singles between Canada's Patrick Chan and Russia's Evgeni Plushenko.

THE BAD

- Snowboard slopestyle world champion Spencer O'Brien of Courtenay, B.C., had a rough day at Rosa Khutor Extreme Park and finished last. A tearful O'Brien told reporters she was "really sad that I let Canada down."
- No medal in men's downhill, although Erik Guay of Mont Tremblant, Que., Manny Osborne-Paradis of Invermere, B.C. and Calgary's Jan Hudec have another chance in Sunday's super-G to end a 20-year medal drought in alpine skiing.
- Alex Harvey of St-Ferréolles-Neiges, Que., will have more chances at a cross-country medal at these Winter Games, but he was 18th in his first attempt in the men's skiathlon.

Canada's Sunday grade: C
THE CANADIAN PRESS

Sister act strikes gold for Canada

Canadian sisters Justine Dufour-Lapointe, left, and Chloe Dufour-Lapointe show off their gold and silver medals from women's freestyle moguls at the 2014 Sochi Winter Olympics on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Sochi 2014. Freestyle skiers Justine and Chloe Dufour-Lapointe make Canadian Olympic history

Skiing sisters Justine and Chloe Dufour-Lapointe won over many new fans as the first Canadian siblings to medal in the same Olympic event.

But in a packed news conference Sunday, Chloe wept as she reflected on two of their most important influences: their parents.

"I'm sorry, I'm overwhelmed," said the 22-year-old women's moguls silver-medallist. "This is the best moment in my life."

She said she and her two sisters — 19-year-old gold-medallist Justine and 25-year-old Maxime, who competed in the same event but didn't place — knew they couldn't let their parents down after they'd made sure their daughters had everything they needed to participate in sports.

"You would think that it's not a big deal because it's a run down the hill," Chloe Dufour-Lapointe said. "But there are years of training behind it and I just told myself, 'You have to be very brave, you have to do what you can.'"

The moment loosened up a tightly orchestrated news conference, with french and english-speaking journalists squabbling about which language answers should be spoken in and where everyone should stand when the athletes entered the room with their parents.

The middle sister made the affair a family celebration, where the girls and their parents talked about sharing pea soup, summers on a sailboat and sibling rivalry.

And the future, too — Maxime said she plans to definitely compete again to try to match her sisters, and Justine speculated about launching a clothing line.

Sitting next to them, their father, Yves Lapointe, was asked about the sacrifices he'd made to get them to that point.

The engineer said he wouldn't put things that way.

"It's all about choices — what you want to do," he said. "Sacrifices, I don't think is the right word. Choice is much better."

THE CANADIAN PRESS

Bump and Jump

If Alexandre Bilodeau of Rosemère, Que., and Mikael Kingsbury of Deux-Montagnes, Que., continue their dominance, Canadians will be celebrating another 1-2 finish in moguls on Monday.

- **Double Trouble.** The two skiers have dominated the World Cup circuit this season and Bilodeau is the defending champion after his 2010 win where he became the first ever Canadian to win Olympic gold on home soil.

Figure Skating

Parkinson hits personal best

Ottawa-born Paul Bonifacio Parkinson scored a season-best score in his free skating program Sunday as Italy finished fourth at the inaugural team figure skating event at the Sochi Olympics.

Parkinson, who turns 23 next Sunday, was given a score of 121.23, up from the 120.70 he posted at the Nebelhorn Trophy last September.

Still the score left him last among the men competing in the five-country final field. Russia's Evgeni Plushenko won with the free program with a score of 168.20, ahead of Canadian Kevin Reynolds (167.92).

The rankings translate into points for the team standings. Russia ultimately won gold with 75 points, ahead of Canada (65) and the U.S. (60). Italy was fourth with 52 points.

The three-day team event featured a male, female, pairs and ice dance couple from each country competing.

Parkinson holds dual citizenship by virtue of his mother, who was born in Italy. THE CANADIAN PRESS

Curling. Canada, Norway are dressed for success

The Norwegian curlers have their kaleidoscope pants, but the Brad Jacobs team out of Sault Ste. Marie, Ont., is fiery, fit and ready to show it at the Winter Games.

Expect to see an intense Canadian men's curling team in form-fitting clothes when they step on the ice to open the Olympic curling competition Monday.

"We're going to be bringing everything we've got to every single game and the emotion that pours out of us sometimes, we can't control it," the skip says. "You can see that on the ice when a big shot is made and we all explode together.

"The Norwegians are famous for their pants and bring a lot of colour to the game. Our team is known for the tight shirts and tight uniforms more than the colourful pants."

The Canadian men open against Germany's John Jahr and Switzerland's Sven Michel at the Ice Cube Curling Centre on Monday.

The Jennifer Jones team out of Winnipeg takes on China's Bingyu Wang, the 2010 bronze medallist, to kick off the women's round-robin Monday.

Canada's Brad Jacobs delivers the rock during a men's curling training session in Sochi on Sunday. WONG MAYE-E/THE ASSOCIATED PRESS

Jacobs, third Ryan Fry and brothers E.J. and Ryan Harnden on the front end are riding a rocket that launched when curling nomad Fry joined the team a year and a half ago following stints with the Brad Gushue and Jeff Stoughton teams.

The foursome won the 2013 Tim Hortons Brier for their first Canadian title for all four of them. They finished second at their first world championship, falling to Sweden's Niklas Edin in the final.

Jacobs defeated heavyweights Stoughton, Glenn Howard and Kevin Martin en route to a perfect 8-0 record at December's trials.

THE CANADIAN PRESS

MEDALS

(through 13 medal events)

Nation	G	S	B	Total
Norway	2	1	4	7
Netherlands	2	1	1	4
United States	2	0	2	4
Canada	**1**	**2**	**1**	**4**
Russia	1	2	1	4
Austria	1	1	0	2
Sweden	0	2	0	2
Czech Republic	0	1	1	2
Italy	0	1	1	2
Germany	1	0	0	1
Poland	1	0	0	1
Slovakia	1	0	0	1
Switzerland	1	0	0	1
Finland	0	1	0	1
Slovenia	0	1	0	1
Britain	0	0	1	1
Ukraine	0	0	1	1

WHAT CANADA DID

SUNDAY

ALPINE SKIING

Men's downhill — Erik Guay, Mont-Tremblant, Que. (21st overall, two minutes 7.04 seconds); Ben Thomsen, Inveremere, B.C. (19, 2:08.00); Jan Hudec, Calgary (21, 2:08.49); Manuel Osborne-Paradis, Vancouver (25, 2:09.00).

BIATHLON

Women's 7.5-kilometre Sprint — Rosanna Crawford, Canmore, Alta., (25th, 22:10.8, one penalty); Megan Imrie, Falcon Lake, Man. (31, 22:19.5 (1); Zina Kocher, Red Deer, Alta. (32, 22:25.5 (2); Megan Heinicke, Prince George, B.C., (59, 23:34.5 (3).

CROSS-COUNTRY SKIING

Men's 30-km Skiathlon — Alex Harvey, St-Ferreol-les-Neiges, Que. (18th, one hour 10 minutes 0.2 seconds); Ivan Babikov, Canmore, Alta. (25, 1:10:14.6); Graeme Killick, Fort McMurray, Alta. (45, 1:13:16.1).

FIGURE SKATING

Team Event (free skates)

Men — Kevin Reynolds, Coquitlam, B.C., (second, 167.92 points); **Ladies** — Kaetlyn Osmond, Marystown, N.L (fifth, 110.73); **Ice Dance** — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont. (second, 107.56) — **Canada won the silver medal** with 65 points.

LUGE

Men's singles — Sam Edney, Calgary (placed 11th overall in event with a time of 3:29.777 after four runs); Mitchel Malyk, Calgary (26, 3:32.157); John Fennell, Calgary (27, 3:32.716).

SKI JUMPING

Men's K90 (normal hill) individual — Mackenzie Boyd-Clowes, Calgary (ranked 36th after first jump with 114.4 points); Dusty Korek, Calgary (39, 111.1) — neither qualified for second and final jump.

SNOWBOARDING

Women's slopestyle — Spencer O'Brien, Courtenay, B.C. (12th overall in final round with best run of 35.00 points); Jenna Blasman, Kitchener, Ont. (11th in semifinals, 32.25 - did not qualify for final).

SPEEDSKATING (LONG TRACK)

Women's 3,000 — Brittany Schussler, Winnipeg (20th, 4:14.65); Ivanie Blondin, Ottawa (25, 4:18.70).

SUNDAY'S RESULTS

ALPINE SKIING

At Krasnaya Polyana, Russia
MEN'S DOWNHILL
(starting position in parentheses)

1. (11) Matthias Mayer, Austria, two minutes 6.23 seconds; 2. (20) Christof Innerhofer, Italy, 2:06.29; 3. (8) Kjetil Jansrud, Norway, 2:06.33; 4. (18) Aksel Lund Svindal, Norway, 2:06.52; 5. **Also — 10. (21) Erik Guay, Mont-Tremblant, Que., 2:07.04; 19. (6) Ben Thomsen, Inveremere, B.C., 2:08.00; 21. (2) Jan Hudec, Calgary, 2:08.49; 25. (28) Manuel Osborne-Paradis, Vancouver, 2:09.00.**

CROSS-COUNTRY SKIING

At Krasnaya Polyana, Russia
MEN'S 30-KILOMETRE SKIATHLON

1. Dario Cologna, Switzerland, one hour eight minutes 15.4 seconds; 2. Marcus Hellner, Sweden, 1:08:15.8; 3. Martin Johnsrud Sundby, Norway, 1:08:16.8. **Also — 18. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:10:00.2; 25. Ivan Babikov, Canmore, Alta., 1:10:14.6; 45. Graeme Killick, Fort McMurray, Alta., 1:13:16.1.**

BIATHLON

At Krasnaya Polyana, Russia
WOMEN'S 7.5-KILOMETRE SPRINT
(penalty laps in parentheses)

1. Anastasiya Kuzmina, Slovakia, 21:06.8 (0); 2. Olga Vilukhina, Russia, 21:26.7 (0); 3. Vita Semerenko, Ukraine, 21:28.5 (0); **Also — 25. Rosanna Crawford, Canmore, Alta., 22:10.8 (1); 31. Megan Imrie, Falcon Lake. Man., 22:19.5 (1); 32. Zina Kocher, Red Deer, Alta., 22:25.5 (2); 59. Megan Heinicke, Prince George, B.C., 23:34.5 (3).**

FIGURE SKATING

TEAM EVENT (FINALS)

Men — 1. Evgeni Plushenko, Russia, 168.20 points; **2. Kevin Reynolds, Coquitlam, B.C., 167.92**; 3. Tatsuki Machida, Japan, 165.85; 4. Jason Brown, U.S., 153.67; 5. Paul Bonifacio Parkinson, Italy, 121.23; **Ladies** — 1. Julia Lipnitskaia, Russia, 141.51; 2. Gracie Gold, U.S., 129.38; 3. Valentina Marchei, Italy, 112.51; 4. Akiko Suzuki, Japan, 112.33; **5. Kaetlyn Osmond, Marystown, N.L, 110.73**; **Ice Dance** — 1. Meryl Davis and Charlie White, U.S., 114.34; **2. Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., 107.56**; 3. Elena Ilinykh and Nikita Katsalapov, Russia, 103.48; 4. Charlene Guignard and Marco Fabbri, Italy, 81.25; 5. Cathy Reed and Chris Reed, Japan, 76.34.
Final Standings — 1. Russia, 75 points; **2. Canada, 65**; 3. U.S., 60; 4. Italy, 52; 5. Japan, 51.

SNOWBOARDING

At Krasnaya Polyana, Russia
WOMEN'S SLOPESTYLE
Final Rankings

1. Jamie Anderson, U.S., 95.25; 2. Enni Rukajarvi, Finland, 92.50; 3. Jenny Jones, Britain, 87.25; 4. Sina Candrian, Switzerland, 87.00; 5. Sarka Pancochova, Czech Republic, 86.25; **Also — 12. Spencer O'Brien, Courtenay, B.C., 35.00; Semifinals — 11. Jenna Blasman, Kitchener, Ont., (32.25; 10.50) 32.25 (did not advance).**

WOMEN'S HOCKEY

PRELIMINARY ROUND
Sunday's results
Sweden 1 Japan 0
Russia 4 Germany 1
Saturday's results
Canada 5 Switzerland 0
U.S. 3 Finland 1
Monday's games
U.S. vs. Switzerland, 5 a.m.
Finland vs. **Canada**, 10 a.m.

NHLers blazing a trail into Sochi

The NHL is officially on break now, with many of its top players flying to Russia on Sunday to prepare for the start of the Olympic hockey tournament on Wednesday. Here's a look at six of the hottest NHL performers heading into Sochi:

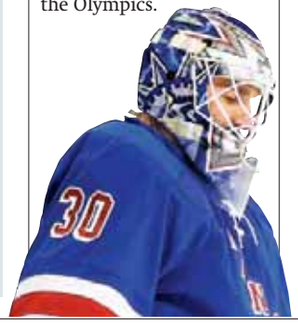
TORSTAR NEWS SERVICE Photos by Getty Images

Phil Kessel (Leafs/USA)

He's having his best season as a Leaf, and has been the NHL's top scorer since Jan. 1 (11 goals, 17 assists in 19 games). He's second in the league in goals and fourth in points, and has hit top-10 status in several NHL player power rankings.

Henrik Lundqvist (Rangers/Sweden)

Also red-hot since Jan. 1, he's second in NHL in wins (10), goals against average (1.91) and save percentage (.937) in 2014. He looks to be in peak form, and will have arguably the most skilled defence in front of him at the Olympics.



Jamie Benn (Stars/Canada)

Has 22 goals and 51 points, easily on pace for new career highs. It's a first Olympic appearance for Benn, who many believe will be one of the top forwards in the game.

Patrice Bergeron (Bruins/Canada)

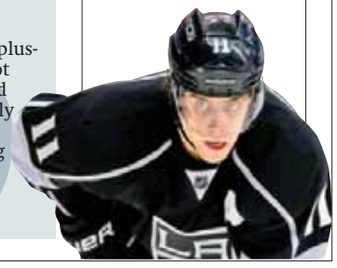
Had two goals on Saturday against Ottawa in the final pre-Olympic game, has led the Bruins to nine wins in their last 11 and sits just behind Anze Kopitar in Corsi-for percentage.

Valeri Nichushkin (Stars/Russia)

Has 12 goals and 27 points, along with a plus-15 for the Stars — not bad for an 18-year-old rookie who deservedly got the nod for Team Russia. When playing well, he's hard to contain.

Anže Kopitar (Kings/Slovenia)

He currently sits third in even-strength Corsi-for percentage at 61.1, and is set to make history by becoming the first player in Olympic hockey to be coached by his father (Matjaž Kopitar).



Homan rocks house in Montreal

Ottawa's Rachel Homan delivers the rock during the Scotties Tournament of Hearts final against Alberta's Val Sweeting on Sunday night in Montreal. Homan was 11-0 heading into the match. Go to metronews.ca to find out if she stayed undefeated and won her second-straight Scotties. RYAN REMIORZ/THE CANADIAN PRESS

Tennis

Bouchard carries Canada to victory

Eugenie Bouchard
ECAC

Eugenie Bouchard did everything she could to help her country.

Bouchard won both her singles matches, including the clincher on Sunday, to power Canada to a 3-1 victory over Serbia in its Fed Cup World Group II tie over the weekend.

In beating Serbia's Vesna Dolonc 6-0, 6-3, the Montreal native gave Canada a 3-0 lead in the best-of-five tie in front of her hometown fans at the Claude-Robillard Sports Complex.

"I think I played two solid matches, and I helped Canada," said Bouchard, 19. "I'm very proud of that. The whole team was very excited all week." THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
If someone is behaving badly that does not mean you have to follow their example. This is going to be an important week, especially for relationships, so don't go annoying people just for the fun of it.

♉ Taurus
April 21 - May 21
Don't be afraid to admit that you are out of your depth. The moment you speak up, you will have friends and family members rushing to assist you, so why suffer in silence?

♊ Gemini
May 22 - June 21
Mars in Libra endows you with amazing levels of energy and huge self-belief. However, no matter how confident you feel, you would be wise not to take anything for granted.

♋ Cancer
June 22 - July 23
Don't worry too much if not a lot is going right for you. Later in the week the tide will turn in your favour and you will be in control of your own destiny again. You have little to fear and lots to look forward to.

♌ Leo
July 24 - Aug. 23
Steer clear of others' disputes today. No matter how well-intentioned you may be, you are likely to end up supporting the wrong side, which won't do your rep for picking winners much good.

♍ Virgo
Aug. 24 - Sept. 23
Someone who is down on their luck will come to you for assistance and you won't have the heart to turn them away. Hopefully you'll also have the sense to see that their troubles are of their own making.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign makes you confident and assertive but you are still advised to start the week slowly and carefully. Save yourself for next weekend when you'll be a winner in everything you do.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much if you feel gloomy today because you will brighten up later in the week. If you don't feel like working or socializing, don't force yourself. Sit quietly, and meditate.

♐ Sagittarius
Nov. 23 - Dec. 21
Put feelings of regret and remorse behind you and act as if life has never been better. Even a livewire Sag gets a bit down now and again but you bounce back faster than most.

♑ Capricorn
Dec. 22 - Jan. 20
You will find it easier to be assertive on the work front over the next seven days but don't go too far and give others the impression that you are turning into a dictator. Persuasion always works better than coercion.

♒ Aquarius
Jan. 21 - Feb. 19
The message of the stars as the new week begins is you have nothing to worry about. For some reason though you can't help but be suspicious and that could cause problems with colleagues.

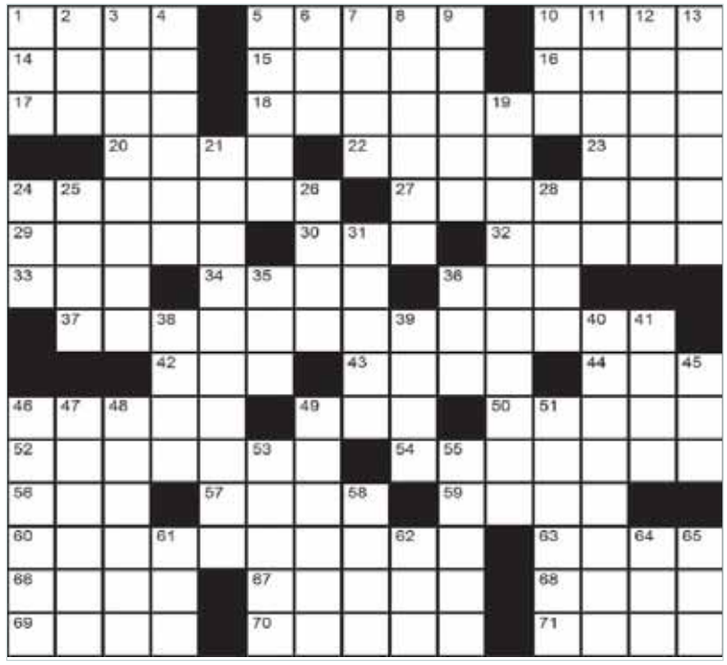
♓ Pisces
Feb. 20 - March 20
You may be tempted to cut corners but if you do you will be found out around the time of the full moon on the 14th.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

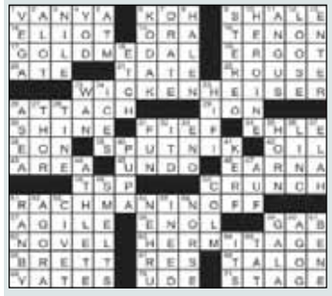
BY KELLY ANN BUCHANAN



Across
1. __ Park, in Hamilton
5. 13th-century Russia invader
10. Engaged guy's event
14. Seed covering
15. Came about
16. Space
17. "Am _ __ early?"
18. Canadian Country Music: Stephanie Cadman, Kendel Carson and Miranda Mulholland's trio: 2 wds.
20. Corleone Family leader
22. Salt amount
23. Tub
24. "A Little Respect" group
27. Prehistoric stone artifact
29. Radio dial
30. Perform
32. "The War of the __" (1989)
33. House room
34. Ms. Reid
36. "Jeff __." (Canadian comedy series)
37. SOCHI 2014 - Biathlon component: 2 wds.
42. Celtic sea god
43. Hair removal brand
44. Goon
46. Font flourish
49. Volcano's spewn material
50. "Are too!" comeback: 2 wds.
52. "Kate & __" (2001)
54. Disentangles
56. Ms. Rand
57. Origin
59. Hosp. readouts
60. Canadian History: 1839 'Report' writer: 2 wds.
63. Thunderbirds org.
66. "____ the other hand..."
67. Manage: 2 wds.
68. Cars: __, oil and filter
69. Ms. Suvari
70. __ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
71. Prophet

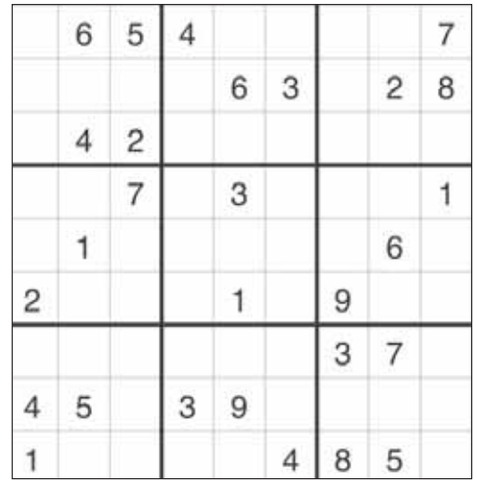
Down
1. Moo goo __ pan (Take-out dish)
2. Painting
3. Explorer-to-Canada, John Cabot aka __ Caboto
4. The Plaza Hotel's fictional resident
5. Small drum
6. Standard song: "Chances __"
7. Narrated
8. Tilted
9. Peanut Butter Cups bigwig, H.B. __
10. Roosted
11. Country singer
Mr. Tritt
12. Get the drink to fizz
13. Actress Jennie, and surnamesakes
19. SOCHI 2014 - Icy sport: 2 wds.
21. Saskatchewan town
24. LAX posting
25. Penitent person
26. Sense organs
28. CCR tune
31. Lyricist Sammy, and surnamesakes
35. Ireland's flyer, __ Lingus
36. Law, in Lyon
38. Impertinent
39. Honolulu's home
40. Trivial matter
41. British prison
45. Mil. posts
46. SOCHI 2014 - Alpine Skiing event
47. A.A. Milne character
48. The Crystals hit: "Da Doo __ __"
49. Worshipped
51. SOCHI 2014 - Freestyle Skiing event
53. Scoundrel
55. Jules Verne's captain, and others
58. So
61. Genetic stuff
62. __ _ crossroads
64. Pres. Lincoln
65. Iron: French

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

5	4	3	7	6	1	8	9	2
7	2	9	8	4	3	1	5	6
6	1	8	9	2	5	3	7	4
2	6	1	4	5	7	9	8	3
8	5	4	2	3	9	7	6	1
3	9	7	1	8	6	4	2	5
4	3	6	5	9	8	2	1	7
1	8	2	6	7	4	5	3	9
9	7	5	3	1	2	6	4	8

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-9°/-20°
Variable

Tuesday
-14°/-19°
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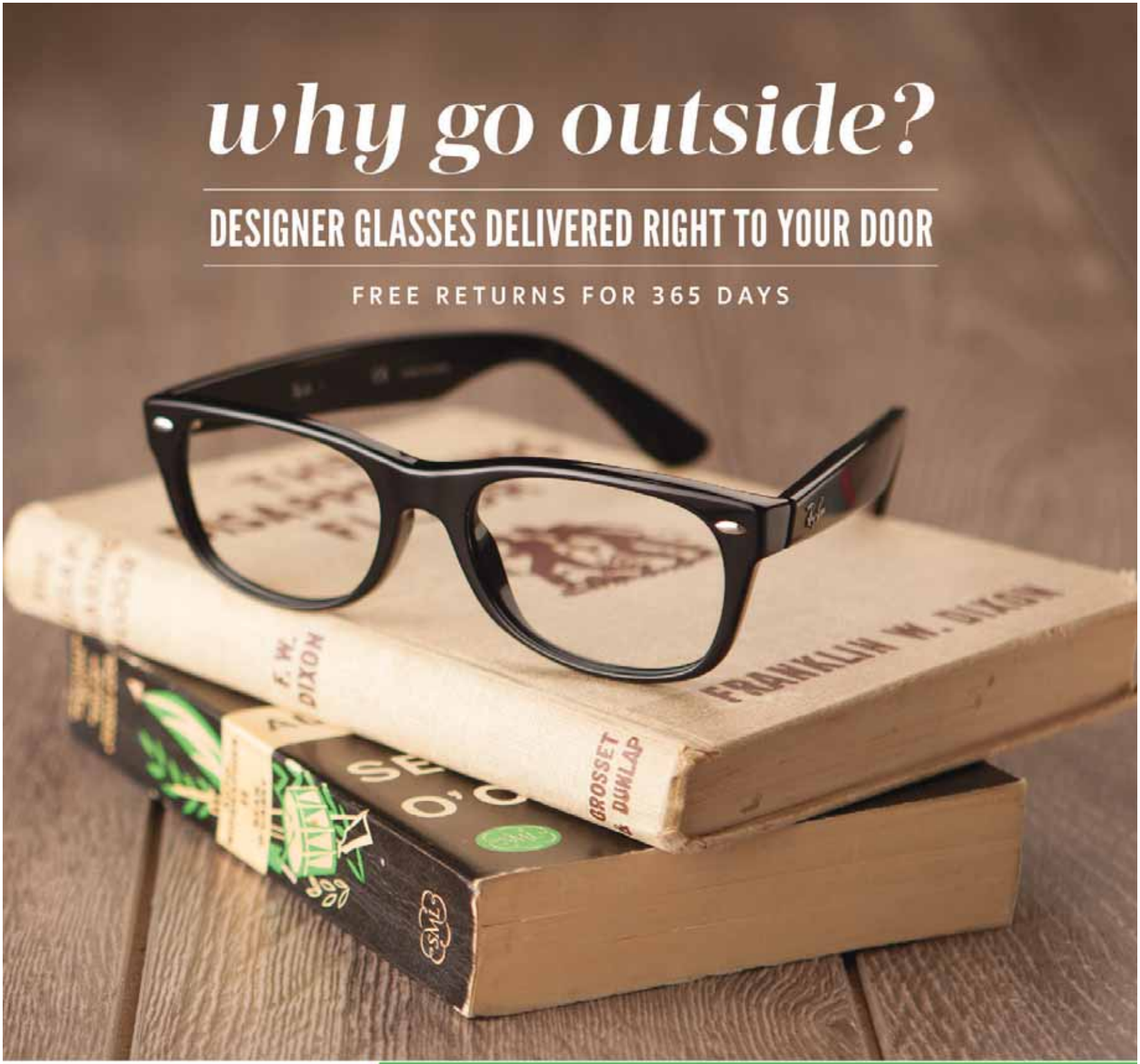
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